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Hawks' Herald -- October 12, 2007

Roger Williams University

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Bristol, RI

THE HAWK'S HERALD

Vol. 18
Issue 5

Two years later, hatchery still on agenda

Phil Devitt
News Editor

Construction will begin this year on a state-of-the-art shellfish hatchery behind the Marine and Natural Sciences Building, more than a year after the university broke ground on the site overlooking Mount Hope Bay, President Roy J. Nirschel said recently.

The 12,000-square-foot facility would allow more space for the uni-

versity's existing hatchery program, currently housed in MNS. Students and faculty cultivate oysters, quahogs and scallops in the wet labs to repopulate Narragansett Bay with shellfish.

"We're going to go ahead with the original project, and we'll put our shovels in the ground as soon as possible," Nirschel said at an Oct. 2 student forum in the Hawk's Hangout.

He declined to say when con-

struction would officially begin, adding that no specific "deadline date" had been set.

Shellfish Hatchery Manager Karin Tammi said she did not have any updates on construction status. She called the expansion a "very important component" to marine studies throughout New England.

"Presently, the hatchery is involved in several state, federal and

See HATCHERY p. 4

Women's rugby gains respect, club sport status

Jake Dumond
Herald Staff

Hard hitting. Bone Crushing. Full Contact. Sounds like a sport for full grown men right? Well at Roger Williams University, it's the women who are doing the tackling, and just as hard as the men.

In the past few years, women at RWU had a chance to be part of the women's rugby club, however this year, it is officially a club sport. The team currently has an overall record of 3-0 and a firm hold on first place in their conference.

Ashley Walker, senior co-captain, said it all started freshman year when "we presented an idea of a women's rugby club to the student senate and gained club status."

However, Walker and her friends could not keep support of the club, as the team fell apart that spring. Walker was still determined to keep the club alive, and give girls at RWU the chance to participate in the fast growing sport of rugby.

The following fall, Walker recruited "a good number of girls at the involvement fair, and it really grew from that point on."

Athletic Director George Kolb said he "was excited" about the determination of these few young women. When they stuck it out and recruited more dedicated girls, Kolb said, "They proved it wasn't about just two people."

According to Kolb, there are lots of students who look to start a club, and get three or four very dedicated

See WOMEN'S RUGBY p. 12

Author shares realities of being a child soldier

Kelleigh Welch
Asst. Features Editor

By age 13, when most American children receive a new Barbie or G.I. Joe to further their childhood imagination, Ishmael Beah received a gun and was forced to enter the reality of his war-torn home.

Following his rescue, Beah, a 26-year-old native of Sierra Leone, moved to the United States in hopes of gaining an education. During his time at Oberlin College in Ohio, Beah began writing a painful, yet therapeutic story of his firsthand experiences as a boy soldier.

On October 4, Beah came to Roger Williams University to speak on his book, "A Long Way Gone: Memoirs of a Boy Soldier," and his experience and reasoning behind writing it.

"I wanted to write something that showed that yes, there was a difficult time in Sierra Leone's history, but it hadn't always been like that," Beah said during his speech. "And out of the frustration that children caught



Courtesy of Public Relations

Survivor of militarily oppressed Sierra Leone Ishmael Beah spoke in the Campus Recreation Center to discuss his book "A Long Way Gone: Memoirs of a Boy Soldier."

See BEAH p. 7

Taking a STAND against genocide

Athena Aguiar
Herald Staff

Since 2003, over 450,000 people have died and millions of others have been displaced as a result of the genocide in Darfur. One of RWU's newest clubs, STAND, with club president junior Amy Torregrossa at the helm, is trying to make a difference by promoting awareness and campaigning for action.



Amy Torregrossa

STAND is a national student anti-genocide coalition. The name formerly stood for Students Taking Action Now: Darfur, but it has broadened itself to bring awareness to genocide around the world, not just in Darfur.

Torregrossa first heard about the genocide in Darfur dur-

See STAND p. 8

Local produce supplies RWU with healthy options

Lorin Richardson
Herald Staff

"Get plenty of rest, don't overspend your credit card, and eat your veggies!"

This is a good example of what parents might say as their tearful words of advice to their teenager who is about to start their experiences in college.

But how can parents be so sure that their students are getting nutritional benefits out of the vegetables at Roger Williams University?

Since the beginning of August, RWU is using a new initiative to produce, and buying from local farms.

Three farms supply vegetables to the school located in Portsmouth and Tiverton, R.I., but the main producer, Mello's Farm, is located across the bridge in Portsmouth.

Despite the limited land at Mello's Farm, farmers still grow vegetables for RWU such as peppers, tomatoes, eggplant, and corn. Just for tomato sauce and salad tomatoes, approxi-

See MELLO'S p. 6



Lorin Richardson

Mello's Farm, located across the bridge in Portsmouth, is the main supplier of vegetables to Roger Williams University.

OP-Ed: "A matter of manners and principles"

Courtney Nugent

There are a lot of stigmas surrounding college students throughout the United States: we don't care about the world outside of our dorm rooms, we are rude, we are selfish.

I do not always agree with these generalizations about the students on the RWU campus as well as throughout the nation. After watching a good number of students get up from their chairs and the bleachers and loudly exit the Recreation Center Gym while Ishmael Beah was still speaking last week, however, my mind was changed about some of the students at this university.

First off, it is not everyday that we are granted the opportunity to listen to a former child soldier from Sierra Leone speak to us about his experiences. I can safely say that very few students who attend RWU have even come close to living through such tragic and horrific events as Beah, let alone reforming and becoming an author afterward.

During his engaging and eloquent presentation, Beah expressed gratitude for his life and for the opportunities he has been granted in his life...if someone who grew up in a war-torn nation can be grateful for the advantages he has been given, so should an entire student body at a college campus right on the water.

Beah coming to our campus to talk should not have been looked at as a requirement but instead as an opportunity, and the fact that students did not look at the experience with open eyes actually angered me. It should go without saying that the attention granted to Beah by the overall student body should have been much greater than it was during his discussion.

The blatant disrespect for Beah that some students had while leaving the gym brought about even more rage as I watched them get up from their seats. I could almost understand if a few students had to leave in order to attend a prior engagement. Exiting the gym, however, should not involve huge amounts of noise or dis-

traction. Whether it was the group of girls I saw leaving who were shuffling their flip flops along the floor, or another girl talking on her cell phone while leaving, I stood with a gaping mouth at the door in realization that I go to school with these ignorant individuals. I don't even get service in the gym, nevermind would I be so bold as to pick up my cell phone during a presentation.

I was especially appalled at the number of people who would exit at one time: many students know enough to leave class to use the bathroom following someone else who has returned back from being out of the room. Apparently the students at Beah's presentation missed that memo because groups of friends and even adults would all converge at the doors together.

I guess I have been giving many of the students at RWU too much credit. In their own defense, it was not only students leaving but members from the community and faculty as well.

However, this appears to be a matter of manners and principles overall. We are taught from a very young age to say "please" and "thank you" but I have never actually thought that students need be taught what is considerate. Also, this is a world issue: there are still child soldiers throughout the world today, there are genocides occurring all over the world. And then, when someone comes to enlighten us about these issues occurring in our lifetime today, we are so blinded that the information goes in one ear and out the other.

It is great that students at RWU can leave a speaker such as Ishmael Beah and return to the comfort of their dorm room with a television, running water and electricity. People in nations ravaged with war and genocide are not granted these luxuries and we, as the future leaders of the world, owe it to them to learn as much as we can.

As a community, I feel like we let the human race - that human race that is counting on us - down.

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RWU'S WTF OF THE WEEK



We love The Commons, we really do. The food is great, the space is nice, and the building as a whole is a huge upgrade from the old one.

That said, we're not crazy about the huge backups that happen in the lower commons at food rush hours. One system that definitely could have been grandfathered into the new building was the electronic ordering system. It would make much more sense to sit outside at the tables while the food is cooked. Can we make this happen?

Got a suggestion? E-mail hawksherald@gmail.com

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News Briefs

Eric Sullivan
Herald Staff

Anti-racist activist to visit RWU to discuss discrimination

"White Like Me: Reflections on Race from a Privileged Son," leading anti-racist writer and activist Tim Wise's book describing personal experiences, highlights the need to fight racism.

On Tuesday, October 23, Wise will shed light into his own experiences of racism and discrimination.

Wise has spoken at over 400 college campuses and has been a guest on MSNBC, CNN, and ABC.

Source MyRWU

Shots fired inside Cleveland high school

SuccessTech Academy in Cleveland, Ohio experienced a reign of terror on Wednesday, as a student with firearms in both hands walked down the halls.

The gunman shot and killed two male students and two male adults and then took his own life when police entered the school.

Eyewitnesses said the gunman was a 14-year-old student who was recently suspended and returned to school.

Mychael Wilmore-Smith a 14-year-old sophomore reported hearing the student as he walked down the hall shooting his firearms, "He was yelling, 'Shut up. Shut up. I hate this school.'"

Source NY Times

Satire or message of hate?

On Monday, October 8, hundreds of posters with the title "Hate Muslims? So do we!!!" were placed all over the campus of George Washington

University. The initial reports believed it was a hate message that put the campus in an uproar.

"There is no place for expressions of hatred on our campus," said Steven Knapp, the president of GWU, in an e-mail addressed to the student body. The poster included a picture of "the typical Muslim" as well as statements addressing the picture such as venom from mouth, suicide vest, and hidden AK-47.

The article even had a sponsor, the Young America's Foundation which then released its own statement, "We neither endorse nor support any form of hate speech, rather we promote freedom and liberty."

Seven GWU students revealed in an e-mail to the GW Hatchet, the student newspaper, that they had created.

"It is to our great dismay that the student body and the media missed the clear, if subtle, message of our flier: the hyperbolic nature of the flier was aimed at exposing Islamophobic racism."

Source GW Hatchet Student newspaper

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PS: Seriously, do a google video search for "The Power of Nightmares"

THE GEORGE WASHINGTON UNIVERSITY

Courtesy of GW Hatchet

President Bush urges Congress against Armenia bill

From 1915 to 1917, an estimated 1.5 million Armenians were killed by the Ottoman, or present day Turkey. The United States Congress would like to reaffirm to the world community that this mass killing by Turkey was not a consequence of the Great War, but genocide.

Turkey has been adamant that if Congress passes such a resolution, relations between the two nation-states will deteriorate; Turkish President Abdullah Gul spoke of "serious problems that will emerge in bilateral relations if the bill is adopted."

This push by Congress comes in the wake of last year's resolution passed by the French Parliament that declared the killings genocide.

President Bush along with Secretary of State Condoleezza Rice have been pressing Congress not to pass such a bill as it would damage not only relations between the two states, but the US efforts in sustaining stability in Iraq as Turkey is Iraq's northern border and a key ally in the efforts.

According to the New York Times, "Secretary Rice said this bill could be 'Very Problematic' for US policy in the Middle East Region."

This could not have been a worse time for tensions between Turkey and

the United States, Turkey is contemplating invading Northern Iraq to hunt Kurdish rebels which fight under the auspices of the Kurdish Separatist group or PKK that look to form their own state within South Eastern Turkey, Northern Iraq, and North Western Iran.

If this bill does move through the system of government it would not be rash to think that instability in northern Iraq could be a response to actions by the US Congress.

Source BBCNews

Ivy league school left in shock

"I want the perpetrator to know that I will not be silenced," Madonna Constantine, an African-American professor of psychology at Columbia University, said when referring to a noose that was found on her office door.

The New York Police department is investigating the act as a hate crime.

Professor Constantine has co-written a book called "Addressing Racism: Facilitating Cultural Competence in Mental Health and Educational Settings." There was also a rally on campus Wednesday to express solidarity against the hate crime.

CNN.com

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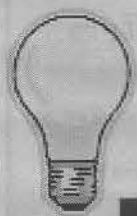
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PR students run statewide campaign

Kelleigh Welch
Asst. Features Editor

When thinking of a competition, normally the first thing that comes to mind is a sports event or science fair. The real idea of a competition, however, is to challenge the skills of a team, which is what the Bateman Competition does for The Public Relations Student Society of America club members.

"The Bateman Competition is a Public Relations opportunity for PRSSA members," Lucy Devens, PRSSA president and Roger Williams University 2008 Bateman Competition team member, said.

The theme for the 2008 competition is Chevrolet's new initiative, "Safe Kids Buckle Up".

"It promotes seatbelt usage for kids 11-14," said PRSSA advisor, Amiee Shelton. "The campaign runs the month of February, and at the end the teams send in their results to be judged."

The team representing RWU includes Devens, and seniors Kenna Luguri, Malee Thithavong, Nicole Dalto, and Paige DelSordo. Each of these girls is a member of PRSSA.

"We are the first ones [to do the Bateman Challenge] in the state, so we are very excited," DelSordo said.

This team will campaign throughout the state of Rhode Island promoting the "Safe Kids Buckle Up" initia-

tive. According to Devens, it is a big deal that the RWU PRSSA chapter is doing a statewide campaign.

"Most schools will only do local campaigns," Shelton said. "We are doing a statewide campaign, which will be much easier for us because Rhode Island is much smaller compared to other states."

However, in order to campaign in Rhode Island, the team must spend months preparing for it.

"We do the execution of this in February, but before we do, we research and plan beginning as soon as October 1," said Devens.

"The other members of PRSSA will help us as well," said Thithavong.

PRSSA is a nationwide, student run Public Relations organization that sponsors public relations based events and activities. According to Devens, RWU's PRSSA chapter began in 2004 and is the first and only chapter in Rhode Island.

"We've done a white elephant sale before with an auctioneer," said Devens. "We had local press coverage, such as the Providence Journal, come to that event. We also attend a conference each year."

"We are taking the students to Los Angeles in January and to Philadelphia in October," said Shelton. "We have also had résumé workshops and guest speakers



Courtesy of Amiee Shelton

(From back, left to right) Kenna Luguri, Nicole Dalto, Lucy Devens, Paige DelSordo, and Malee Thithavong.

come."

Not only does the Bateman Competition allow PRSSA students to gain experience in public relations, but it also gives them the competitive edge they need for the field after graduation.

"I have been to Bateman before," said Shelton. "Three years ago, we came in second behind Loyola University, but they usually come in first. The second year we got honorable mention."

Although Shelton has been to the competition before, RWU teams have not. As the first team going to the Bateman Competition, the team is very excited to represent Roger Williams.

"We want to do justice and make Roger Williams proud," Thithavong said. "Hopefully this will encourage others to join in the future as well."

The Bateman Competition is important not only for public relations majors, but also for the community the team represents.

"The point of public relations is to make the word a better place," said Shelton. "We can plan everything perfectly, but if people don't change their minds and wear seatbelts more often, then we did nothing."

President Roy Nirschel encourages the team and supports their work.

"I think it's another great way to celebrate student-faculty collaboration. I am impressed with the topic chosen for this year's Bate-

man and am confident that our students, working with Professor Aimee Shelton, who has a track record of success with this competition, will learn something from the experience, strengthen their public relations, research and persuasive skills and contribute to the issue of auto safety in RI," Nirschel said.

The team still has a long way to go before they set off their campaign in February, but this does not mean that they are already preparing their campaign. Their purpose, to promote seatbelt usage, will be encouraged throughout the whole state, in hopes to bring change to the people of Rhode Island.

"The Bateman Competition is a good cause, and it is great that we can be a part of this," Devens said.

HATCHERY: Official timeline not yet set

Cont'd from page 1

regional projects which involve RWU students and collaborations with other researchers, government agencies and universities. ... With the new facility, these projects will likely expand as will the RWU marine program."

RWU currently houses the state's only shellfish hatchery.

Plans to resume construction on the \$3 million hatchery come after a year of unforeseen financial hurdles, Nirschel said.

Much of the funding was expected to come from the sale of a \$6.5 million cruise ship, donated to the university in 2006 by Warren shipbuilder and cruise line owner Luther Blount. The school would be entitled to one third of the profits, as ownership also was given to Rhode Island College and Wentworth Institute of Technology.

More than a year later, the ship has not been sold.

"There are not a lot of people who want to buy a boat because it's a lot of money," Nirschel said. "[Chief Finance Officer] Jim Noonan has been trying, but he can't get people to buy it. We asked Luther to donate money several times, but he said he wanted to give us a ship."

Nirschel said the ship was the largest gift the aquaculture program had ever received.

The construction process also has been slowed by paperwork between the university

and the National Oceanic and Atmospheric Administration, Nirschel said, though the school received about \$1 million in federal funding for the hatchery in 2006.

Nirschel also said the geography of the campus has presented "complexities." With \$85 million allotted for campus-wide construction during the next several years, space on the 68-acre campus bordered largely by water is becoming increasingly limited.

The two-level shellfish hatchery was to include additional space for recreational programs, including sailing and kayaking, according to The Hawk's Herald archives. Nirschel said those plans would be scrapped to cut costs.

"I decided that because we don't have the money to fully fund it, we're going to go back to the original building proposal and focus on it being a shellfish hatchery and a lab."

The hatchery is expected to include several laboratories, conference rooms, a greenhouse and a research library.

Nirschel, Blount and Gov. Don Carcieri broke ground on the hatchery Apr. 25, 2006. The school announced it would name it the Luther Blount Shellfish Hatchery and Oyster Restoration Center, in recognition of Blount's gift to the university.

Blount died in November 2006 at 90 years old.

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Student Senate, ICC forced to hold re-elections

Phil Devitt
News Editor

Elections for freshmen student senators and Inter-class Council president and vice president wrapped up one week behind schedule Thursday night, after errors in the online voting system last week forced Student Senate to declare the elections invalid.

In addition, Senate candidates Jasper Ress and Evan Krasik were removed from the ballot for allegedly violating advertising policies by using sidewalk chalk on campus to promote their campaigns.

Senate Parliamentarian Jess Adler said more than 600 students had cast their votes for student senators by Thursday afternoon. Eight freshmen were vying for four seats on Senate, two for ICC president and two for vice president.

Polls closed at midnight Thursday but the results were unavailable at press time. Adler said the winners would be announced on myRWU.

Students were prompted to vote each time they accessed their e-mail on the campus server Oct. 2 and 3. Senate closed the polls early last Thursday after discovering that 2007 graduates not

only still had access to their school e-mail account, but that they were casting votes.

"I don't know why they voted, but we decided it would be best to declare the elections invalid," Adler said.

Senate elections were open to all undergraduates, but ICC elections were open only to freshmen. Another problem surfaced when Senate and ICC learned the campus server recognized sophomore students as freshmen. Students in the class of 2011 never received the ICC ballot, Adler said.

Information Technology fixed the problem before elections went back online Oct. 9, Adler said.

IT did not return a request for comment Thursday.

Adler said she understood why some students might be frustrated with the process after already casting their votes last week.

Some candidates said they did not believe the server problems would negatively affect the elections, though.

"I hope that those students who didn't even know or hear that the voting was occurring will at least hear the news about the malfunction and be reminded to vote this time," candidate Alexandra Hodgman said early in

the week.

Candidate Andy Plocica said he expected voter turnout would remain the same.

"We just have to hope that the student body remembers that this campaign is about who will do the best job and represent us the best."

Adler said the Senate Elections Committee met with Ress and Krasik last Thursday and disqualified them for not adhering to policy that prohibits students from using sidewalk chalk on campus without permission from the Department of Student Programs and Leadership.

She added that all candidates received a copy of the advertising policies and signed documentation confirming they understood them.

"They had to know they were violating the rules. It's in the student handbook and the elections handbook. They were supposed to follow the procedures. They all signed off on whether they read [the policies] or not, so they are accountable for their actions."

Ress said that while he did not disagree with Senate's decision, he believes the policies are too severe.

"Neither Evan nor I

knew that sidewalk chalk was in violation of any rules at all, although if we had read the advertisement book fully, we would have seen it," Ress said.

"I certainly think the rule should be changed, not just because of the situation but because it seems very strict

and conservative."

Krasik did not return a request for comment.

Ress and Krasik are eligible to run for Senate again in the spring, Adler said.

The four elected senators were expected to be sworn in at the Oct. 15 Student Senate meeting.



Sarah Cournoyer

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Dining hall uses local flavor for challenge

David Diggins
Herald Staff

"It's all about serving fresh, quality products and serving the local community," Paul Bulau, general manager of the dining commons, said.

Last Tuesday, the dining commons participated in the third annual Eat local Challenge set forth by the Bon Appetit Management Company, who challenged all of its cafes and kitchens across the country to design a menu made entirely of local ingredients. Each participating kitchen had to buy ingredients from within a 150-mile radius.

This year, there was a well-rounded menu of traditional New England foods. To start, the school offered butternut squash and crab-meat bisque or autumn corn chowder for the vegetarians.

Classics, the main line, served fresh fish, which was caught by the staff, turkey pot pie, eggplant ratatouille, mashed potatoes, mashed butternut squash, and native green beans.

At Stacks, the sandwich area, grilled chicken breast with baby spinach, plum tomatoes, and a pesto

mayonnaise spread made a delicious meal. Or students could opt for ham, salami, and smoked gouda, or grilled zucchini, roasted red pepper, balsamic drizzle, and fresh mozzarella for the vegetarian selection.

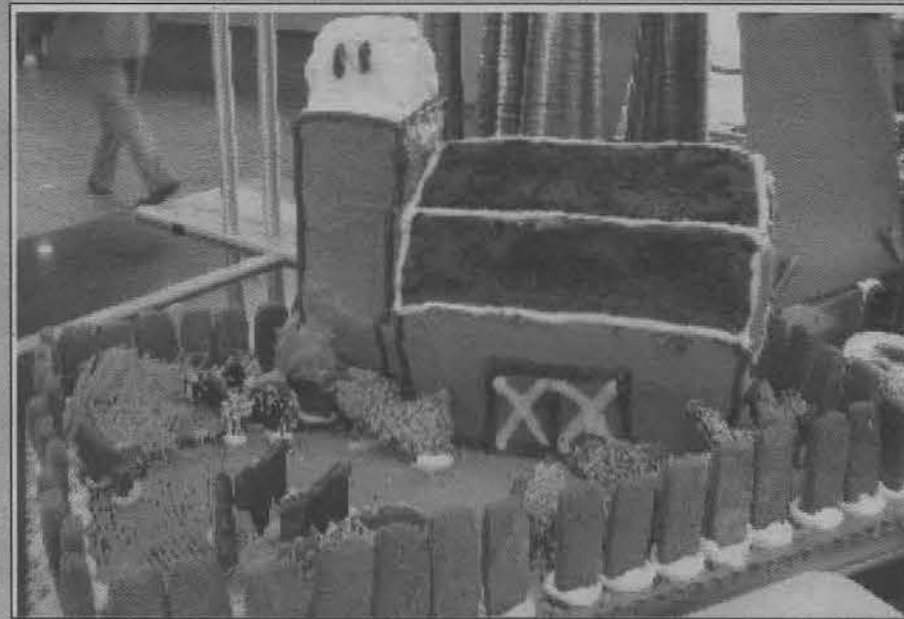
The Grill, where students can usually find French-fries, onion rings, and burgers, served a grilled turkey burger. At Cucina, the pizza and fresh pasta area, students piled Mediterranean bowtie pasta into bowls.

The seafood was caught off the coast of Massachusetts. The produce was from area farms such as Mello's farm in Portsmouth, R.I. Dairy products for various dishes were from Wright's farm in Smithfield, R.I. Bread was brought in from a local bakery in Bristol, the turkey was from Owen's Farm in Needham, Mass., and Empire Soda, located in Bristol, supplied the beverages.

All the accoutrements met the sole criteria of the challenge, "everything down to the bread we served," Bulau said.

Bon Appetit staff and RWU staff were very enthusiastic about the challenge.

"On Thursday, September 20, a group of Bon Appetit and Roger



David Diggins

Williams staff went fishing with Frances Fleet out of Galilee, RI," Stephanie Colliton, marketing manager for Bon Appetit at RWU, said.

They left Thursday night and returned again about midnight. "We tried fishing but had to turn back because of generator problems," Executive Chef Robert Lavoie said.

Among those who went along for the trip were Bulau, Lavoie, Sous Chef Donald Fitting, Bon Appetit Regional Manager Elaine Smart, and Vice President for Student Affairs John King.

This year Bon Appetit Management Company moved the date of the challenge up to allow the New England states to take advantage of

their shorter farming season. The challenge, however, is not a one-shot deal.

The dining hall does what it can to support local businesses by buying local ingredients year round. Besides doing a service to the community, the food is fresher and more flavorful.

Vegetables from Mello's Farm, displayed throughout the dining commons, are on sale in bulk to students who want to purchase them.

"There is no more passionate a person than Henry Mello," Bulau said. "You just taste the passion in the fruits and vegetables."

MELLO'S: Farm passionate about produce

Cont'd from page 1

mately 20 to 30 cases are shipped into the dining hall everyday. Paul Bulau, the general manager of Bon Appetit for Roger Williams, says he notices dedication from Mello's to its farm.

"Chef Lavoie and I toured and did walks at about 12 other farms in the area," said Bulau. "We liked Mello's because you can taste the commitment. The farm is organized, clean and friendly."

After all, this new produce at RWU is being recognized by many of the students and faculty at school, and awarded by the university president, Roy J. Nirschel. At Nirschel's State of the University Address on September 18, he announced: "Today we are a campus that celebrates healthier approaches to eating. Soon we will have a campus greenhouse. We are drinking Rhody Fresh Milk from local cows—I know, I milked them...they don't like to be milked. Speaking of food, in a national survey of student satisfaction, we have gone from the bottom 10 percent of college and university food in 2001 to the top two percent in the country. What an accomplishment and a tribute to Paul and his team."

Students seem to agree. Most generally like the new produce, and also the groceries that sell in the "Quizno's" section of the dining hall, which display toma-

atoes, and squash straight from the farm.

Annalisa Deal, who works on the RWU dining committee, said, "I think it's good the produce is being grown locally. I am all about supporting the little man in the business, so I like that idea. I also think that it proves the produce is fresher and seems healthier."

"Who knows what they are putting in Guatemala to spray on your pineapples? Being local will never give us this problem," Bulau said as he talked about pesticide control with local, organic food. Bulau and Henry Mello emphasized that there is a variety of pesticides that a farmer uses to make sure that harmful chemicals do not interfere with their product. Mello and his wife work the Mello Farm and prefer that all products are fresh from the ground.

Mello added that this year the farm would not use restricted chemicals. He said that on just tomatoes the farm uses fungicides, oxidate, diatel, conserve, provodo and hydrogen peroxide as pesticides to kill the bacteria. Oxidate is prominent and "curative because it kills pathogens on contact, preventive because its programmed use will effectively lower disease pressure with regular applications."

Mello grow up on a farm and faced the challenging aspects of producing on deadline without adequate vegetable storage. In a three-

season growing, yearlong hours are required everyday in the field.

"We dabble with producing vegetables around the field. We get what we can, while we can get it," Mello said.

Only four to eight workers pick vegetables on the field everyday, and rain can interfere with deadlines. Therefore, Mello needs to plan ahead.

Mary Thiceault, who worked at the farm for over ten years, said Mello's Farm wants to use a new system called hydroponics growing to grow crops underwater, which would eventually come into effect at RWU.

According to Wikipedia.com, hydroponics are "any methods of growing that does not use soil (although some scientists dispute this definition) and in that sense ancient peoples such as the Babylonians and Aztecs used hydroponics, as nutrients were obtained from other sources."

Some benefits from the hydroponics for the vegetables are that crops such as lettuce can still be sold when alive, as

well as no threat of contamination from soil and great control over root zone. The disadvantages are that plants must be supported through a support structure, and the cost is pricey.

So what started the switch into local vegetables? RWU, in its 50 years, has never gone organic until recently. Terri Brownlee, the regional dietitian for 35 schools catering to Bon Appetit says that, "It is sustainable, there is less fuel burned in transportation, as well as buying the food locally makes it more ripened."

She also talked about a lot of future goals being put into Mello's farm. One goal

was to make a new greenhouse that can supply produce year round for our school. These new greenhouses will be guzzling from recycled fryer oil from the upper commons and there should be about three of them.

Bulau said he looks forward to the future goals of Bon Appetit and the healthy organic food will be a positive mark for our school.

"The whole idea was to support sustainable agriculture. The program overall has high satisfaction and our benchmark will be placed positive."



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BEAH: Tells stories of painful past

Cont'd from page 1

up in this war were spoken, not just in Sierra Leone, but in other parts of the world, as if they were damaged forever and would never recover. I wanted to write a book to show that is not true."

The general audience filled the gym all the way to the back row, and flowed up onto the majority of the bleachers.

One audience member, and first-place winner of the Common Reading Essay Contest linked to the book, Ana Malone Oliver, said she was moved by Beah's book and speech.

"I was just so amazed by how well, if that is even the right word, he has coped with his past and how well he has accepted it. He still suffers from it, you can tell, but it is so clear that he has learned how to live with it and embrace his past. That is why I respect him so much," Oliver said.

When writing a book on such a sensitive subject, especially one that someone has personally experienced, it takes a lot strength to get through.

"It was very painful to write the book," Beah said prior to his speech. "It required me to go to places I would not voluntarily go. Each time I wanted to walk away from the book and doubted publishing it, I thought that it was only a small price to pay the get the message out."

However, writing the book also helped Beah cope with some issues.

"Writing the entire book became a therapeutic process. It allowed me to say certain things that I couldn't say at a dinner table," he said.

"I wrote this book in hopes to keep reminding people that even as I speak this still continues. Children are used in war everywhere and this is not just an African issue. And not only having survived the war and getting an education, I thought I had a responsibility to put a human face to it."

Beah read two excerpts from his book to show detailed scenes of his experiences. The first described how the landscape of Sierra Leone changed following the war, and the other described Sierra Leone before the war. However, both excerpts showed the pain of Beah's experiences there.

"A couple times people think that children have a choice in this matter and that perhaps they are asked 'Would you like to join?' We don't have that luxury. If you don't join, they will kill you, and if you don't carry out what your commanders tell you, they will also kill you," Beah said.

Beah specifically emphasized the comparison between himself and other children affected by the war in Sierra Leone that many spectators make.

He said, "I am not more wonderful than a lot of people in Sierra Leone. The only difference between myself and the children who went through this war and went through rehabilitation is that I was able to have a home outside of Sierra Leone during the war, and get an education that allowed me to discover my own intelligence."



Beah practiced with the men's soccer team during his visit to campus.

Courtesy of Public Relations

Beah concentrated on the idea of education and its accessibility. He said that in America, education is almost expected. In Sierra Leone, children do not have access to the same education as Americans do.

Beah also spoke on experiences in college, and the purpose of a college student in the world's eye.

"I want you to think about what you're learning and how you can practically apply it, not only to benefit yourself, but to others as well," Beah said.

Beah said his purpose is to spread the idea that everyone can help to prevent these wars and the soldiering of children.

When Beah speaks to other people, he said he encounters those who pity his suffering, which leads him to a greater idea on pity.

"I do not want anyone to belittle his or her own suffering or other people's suffering. The circumstances that lead to our suffering are different, but the suffering is the same. What had caused the pain that each individual experienced, regardless of who they are, should ever be compared to anything else," Beah said.

Beah used his suffering as a benefit for Sierra Leone and other countries affected by war.

"I always ask myself how this will effect people by sharing these things," Beah said. "The difficulties that came with these memories were a small price to pay to expose what had happened to a lot of children. What I want to accomplish in this book is bigger than myself. This is my personal story, but it's not a story I want you to read to feel sorry for me."

The selflessness and encouragement of Beah struck audience members, especially for professor Brett McKenzie.

"The most interesting part of Ishmael's presentation was his call to action. His encouraging students not to just adopt a cause, but to actively participate in making the world different. His example of the high school in

Colorado that built a sister school in Africa is the model to emulate," McKenzie said.

"I liked his speech," Alexander Tillinghast, freshman and third-place essay winner, said. "It stirred sadness and concern for how people can behave toward each other, but also it inspired me, because I along with so many other people who were at the speech have the ability to make a difference."

Beah left his audience in awe, receiving a standing applause for his speech. His thoughts on education

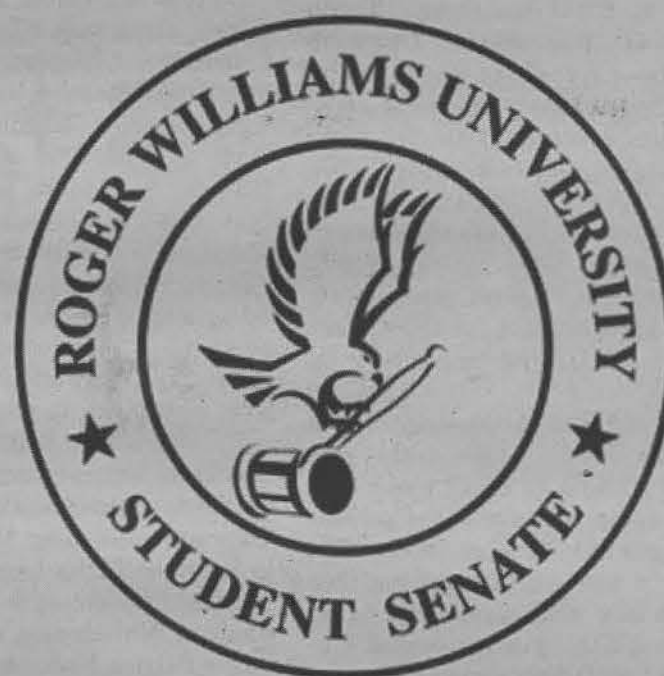
and helping the world through his experiences left students and faculty with new ideas, and many questions.

Beah pushed for awareness of these horrors in Africa and other parts of the world, and encouraged all people, regardless of who they are or their "importance" in the world, to speak up and help stop these things from occurring.

As Beah said, "When you are in college, do not ever belittle your contribution. You cannot change the world overnight, but you can contribute to it."

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RWU STUDENT SENATE

Evolution proponent rejects creationism in the classroom

Florentine Lehar
Herald Staff

The nearly 200 students, faculty and local residents that filled the upstairs room of the New Academic Building fell silent on Wednesday, October 10 as President Roy J. Nirschel stood up at the podium to introduce guest speaker Dr. Eugenie C. Scott.

Executive Director of the National Center for Science Education, Scott gave a speech about the creationism and evolution controversy as part of the Reason and Respect Civil Discourse Lecture series.

Scott, a leading critic of creationism and intelligent design spoke about both sides of the issue. She addressed the views that either side held and then spoke on how religious views should not keep science out of classrooms.

There was a question and answer session as well as a discussion session with students after the speech, sponsored by Student Programs and Leadership and the Intercultural Center.

Scott discussed the results of a survey that showed that 76% of Americans view themselves as Christians to begin her speech on the controversial issue. She moved on to talk about the two different kinds of antievolutionists, the bible based and the intelligent design based.

While those who believe in special creationism believe that God created everything in its present form, Scott said that those who believe in intelligent design believe everything was created by God over time.

"It's a difficult subject and her intensive religious knowledge was very beneficial," senior Nicole Baker said. "It makes it easier to understand. She also had an awesome, charismatic personality."

Known on Wikipedia as 'Darwin's Golden Retriever,' Scott made a distinction between evolution and Darwinism. She said that we have learned so much since Darwin and that evolution is a three-part process that is proven through science.

Scott stressed that God

can't be used in a scientific explanation because he is unconstrained. "We can not use God as an explanation," Scott said. "Neither can we say God had nothing to do with it."

In her work, Scott attempts to have evolution taught in schools.

"Professors and teachers are not in the business of changing students' religious views," she said. "Students need to realize that it's not a dichotomy but a continuum."

Some students thought that Scott was too partial to evolution. "I thought it was a bit biased," freshman Jevan Lemoine said. "But, I think she presented it in a clear way."

Other students thought that the information was presented in a clear, well-informed way.

"She kicked creationism in the face," freshman Colin Latimer said. "But she was respectful about it."

Scott wanted to make it clear in her speech that while religious views play a part in our life, they can not berate science. Students in schools



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need to be taught evolution from a scientific standpoint rather than being taught creationism or intelligent design.

"Reason and respect means that you respect science as well," Scott said.

STAND: RWU junior STAND leader in RI

Cont'd from page 1

ing her freshman year at Hawaii Pacific University.

"I had to write about an issue abroad for class and I stumbled upon an article on Darfur," Torregrossa said. I didn't know there was a genocide going on, or that there could even be a genocide going on today."

One of STAND's 600 chapters is right here at RWU and was brought to campus by Torregrossa when she transferred from Hawaii Pacific University to RWU last year. Torregrossa is the State Outreach Coordinator for all six Rhode Island college chapters as well. She is working to incorporate every campaign she is working on statewide into the RWU campus.

"I provide all of the chapters in Rhode Island with materials and guidance," Torregrossa said. "I am also the liaison with the chapter heads and the managing committee [of STAND]."

The RWU STAND chapter has grown to around 20 students this year and is planning to make every student on campus aware of the current state of genocide-stricken Darfur. The goal is to take the initiatives that STAND has nationally and bring them to RWU. For interested students, STAND holds open meetings Mondays at 5:30 p.m. in the Intercultural Center.

STAND's Vice President at RWU, Sarah Norton, said that joining the organization has changed her perspective on the situation in Darfur.

"When I found out about STAND, I wasn't even aware what was going on in Darfur, and to me that was enough to get involved. I was shocked that an atrocity of this level

was happening as I stood there, and that I, along with who knows how many people, had no clue," Norton said.

During International Education Week, November 11-15, STAND will be hosting several events. The events that week will include an announced guest speaker, a screening of the award-winning film *The Devil Came on Horseback* and an additional event that Torregrossa said "will leave students in shock and awe."

From September 29 - 30, Torregrossa, along with STAND Secretary Courtney Nugent, Treasurer Stephanie Monteiro, and Public Relations/Designer Brent Gentile, attended STAND's first national student conference in Washington D.C. The conference, attended by about 500 students from across the country, featured Advocacy Workshops and speeches from Darfur experts.

Here, RWU's STAND representatives were given an advocacy training session with Sam Bell, the co-founder of STAND's parent organization, the Genocide Intervention Network. They were also given the opportunity to lobby with the Legislative Assistants of Senator Jack Reed, Senator Sheldon Whitehouse, and Representative Patrick Kennedy.

"They were all extremely responsive. We didn't have to really explain any of the bills that were currently sitting in the House or Senate," Torregrossa said. "We let them know that Rhode Island is not going to sit idly by and wait for the genocide to be over, we want to see action now and we need their help."

On December 5, STAND will be taking part in DarfurFast, a campaign to raise money and awareness.

Those participating are asked to fast from one item for the day and donate the money that would have been spent on the item to the cause. All students are invited to participate in this event.

According to standnow.org, "as the situation in Darfur worsens and more people are forced into internally displaced person (IDP) camps, firewood near the camps grows increasingly scarce. Every day, women and girls are forced to wander further into the desert to find firewood for cooking, exposing them to rape and attack from waiting militias. Just three dollars - less than the cost of a latte at Starbucks - is enough to provide protection for one woman for one year."

To participate in this campaign, RWU students can give their donations at tables that will be set up in the Commons on December 5.

"The past three years that we have done this we have raised over 40,000 dollars," Torregrossa said.

Another upcoming event that RWU students can support is a Torch Relay. Starting in Chad, the Torch Relay will hit Rhode Island on October 27 and continue until reaching China in December. The hope is to encourage China to use its influence by providing less money in oil to Sudan. Starting at 3 p.m. on Saturday, October 27, the first Rhode Island runner will leave from the end of Waterplace Park in Providence. The torch will be lit in front of the Fidelity Building, a corporation that has not fully divested from Sudan. A ceremony will follow at the State Capitol Building.

The task of tackling an issue as big as genocide may seem daunting, but Torregrossa said, "it's about getting people educated. Not everyone is aware of the logistics and why nothing concrete has been happening in Darfur. If everyone is educated, we can take action. This is my passion. It's what I live for."



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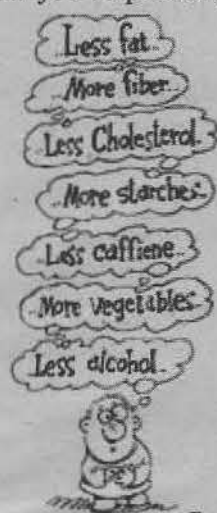
This Year To End Genocide

How To: Avoid the "Freshman 15"

Nicole Pitts
Herald Staff

The thought of gaining "The Freshman 15" is a scary thought that runs through the minds of college freshmen nationwide – or at least the ladies. Although most colleges make a great attempt to serve healthier food, Roger Williams University included, sometimes it is hard to avoid the fattier choices when studying has got you craving "brain food." However, if you don't want to have to buy bigger pants, follow these rules:

Count your calories! This is so important in the management of your weight. I know you've probably heard



Freeclipart.com

this a thousand times, but it's true. For example, a banana has about 100 calories, an apple about 75, and a "normal looking" bowl of cereal has about 200 – without any milk. Young women only need about 1,600 calories daily and young men need about 2,000 calories. If you are really active, add a couple of hundred. The dining commons has nutritional information on their foods – all you have to do is ask. Ediets.com also has a "Nutrition Tracker" which tracks the nutritional value of all of the food you eat. It requires a free registration to Ediets, which is quick and easy. Go to www.ediets.com/NT to subscribe.

Try to follow the food pyramid: lean meats, whole grains, fruits, light dairy, and vegetables. Find out how many servings you should be having at www.lifeclinic.com/focus/nutrition/food-pyramid.asp.

Try to eat 4-6 smaller meals every day instead of the traditional 3 huge meals. Don't skip meals, either – it slows down your metabolism, meaning your next bag of chips will look a lot worse on

you!

Vending machines aren't necessarily off limits – you just have to choose the healthiest option when you are picking something to snack on. For example, choose the Wheat Thins instead of the Doritos – and avoid candy or chocolate.

Drink your coffee with skim milk or black, if you dare. Don't use too much sugar, either – or switch to Splenda if you don't believe all of that negative hype.

Rule out soda. Diet sodas are fine – although they cause you to retain fluids. But if you can't resist, go diet. If you're embarrassed, peel off the label.

Try to choose water whenever you can. You should drink about half of your body weight in ounces of water daily. This will help you to not overeat. For example, if you weigh 140 pounds, you should drink about 70 ounces of water daily, which is about 3 bottles of water – not that hard to do! Lots of time if you feel hungry, you could actually just be thirsty. Try drinking some water to see if you're actually hungry or not.

If you drink alcohol, try not to drink regular beer – drink light beer or a mixed drink with a diet soda. Light beer has about 100 calories per 12 ounces and regular beer contains about 150-200 calories per 12 ounces.

Say no to late night pizza and pig-out sessions! Eating while sitting and talking with friends or watching TV while eating are the easiest opportunities to overeat. Try to resist temptations.

Don't snack out of boredom. Eat when you are truly hungry and stop eating when you are satisfied – not when you are ready to explode.

Don't go too hard on yourself. Allow at least one day every week to cheat – but don't go crazy. Don't save up every fattening item of food you've seen all week and then one day gorge on all of it. Do allow yourself one or two items on that day that will be satisfying – just not one or two apple pies.

Hit the gym! Get your money's worth out of college by using all of its offered resources. After all, a paid tuition bill gives you permission to use the workout machines whenever they are available.

There are also exercise classes available – which are a blast. An hour of exercise can fly by without you even noticing! Find friends to go with too, if it helps – but stay focused, don't make it a party.

Get some fresh air! Our campus is huge and offers a lot of space for walking and running. Try circling the perimeter of the campus at dusk or dawn. The best part of doing this is that this will make walking from your dorm to your class on the other end of campus seem miniscule.

Get plenty of sleep. Studies show that a lack of sleep can cause people to overeat and retain weight – not to mention lose focus in class. If your roommates keep you awake at night, buy earplugs!

Find a routine that works for you and stick with it! For example, if you have a two hour break between classes every Tuesday, go to the gym instead of returning to your dorm (unless you've got studying to do, of course!). The bottom line is: your health should be a top priority, and it should be treated as a full-time job.

Music Reviews: Foo Fighters and Motion City Soundtrack

Scott DeGennaro
Herald Staff

Post-Nirvana, Dave Grohl has always managed to stay on board with constant releases, and his band takes hold again with their fast-approached sixth effort.

After his first child was born last year, Grohl realized that he was edging close to turning 40: "I've got to make more albums!"

Instead of taking a break from the entire album and touring cycle, he culled the band mem-

bers together once again with a result to go into the studio. And so arrives *Echoes, Silence, Patience & Grace*; the title of the album stemming from a lyric from the closing track "Home." The beginning cut, "The Pretender," harks back to earlier singles; the catchy chorus gets a boost, making the hit trail the Billboard Modern Rock Charts at the top position for over a month.

"Long Road to Ruin," a tentative second single, catches firm structure that was present in 1997's double-platinum *The Colour and the Shape*.

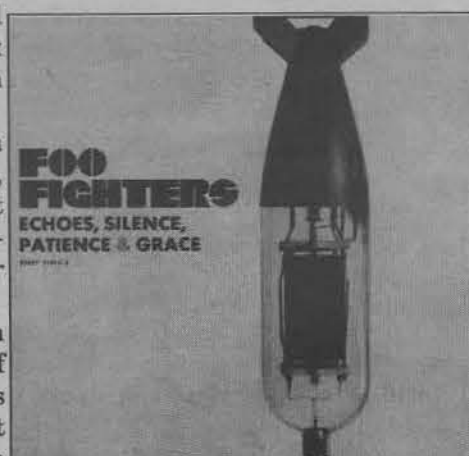
What makes the album interesting is the fusion of the acoustic and boisterous songs all on one disc. Most cuts give a continuation

from the acoustic side of 2005's *In Your Honor*.

Grohl credits the folk-like instrumental "The Battle of the Beaconsfield Miners" on a meeting with an Australian miner, who requested that an iPod filled with the band's back catalogue be sent down through the mine during a rescue effort. But, many critics have criticized Grohl's intentions to form side projects (Probot) and play with other bands (Queens of the Stone Age), as creating a loss of vitality in sound that could make Foo Fighters reminiscent of its earlier days.

Although many could consider *Echoes* as a rather bleak effort, the entire album's stripped-down tunes help give a melodic flow to the entire piece.

Rating: B

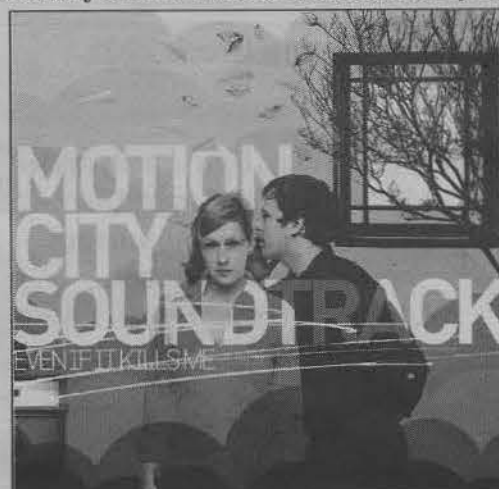


Amy Falcone
Herald Staff

This summer, fans of the Pop Punk genre thought they were going to be given their summer hub album when Fall Out Boy's single "This Ain't A Scene" hit the radio early this Spring. Epitaph Records, the company that brought you bands such as the Dropkick Murphys and Rancid was saving the best for last.

Motion City Soundtrack has, until now, enjoyed a mildly successful career. FUSE TV and mtvU have featured them regularly since their techno spliced hit "Everything Is Alright," and Rolling Stone has praised their fresh sound on two separate occasions. Their new album *Even If It Kills Me* sets the bar higher and shows fans and naysayers alike that Motion City Soundtrack is ready to go tête-à-tête with the greats of the Pop Punk genre.

Even If It Kills Me is composed entirely of engaging and energetic tracks. "Fell In Love Without You" starts off the party with a catchy chorus and a sarcastic set of lyrics



you cannot help but dance to.

"This Is For Real" is one of the albums two focus tracks and stands out with an unusual guitar line and testy vocals by Justin Pierre. Lyricism must have been weighing on the band's mind when lines like "Let's get wrecked on Pop-Tarts and sex," crop up. This new playful edge is a welcome addition to their previously straightforward style.

"The Conversation" is a brief two minute punk ballad that stands out as surprisingly successful. The second focus track is "Antonia," a quirky song-story about a girl that will remind listeners of Trains' "Meet Virginia." If you have a shred of doubt that *Even If It Kills Me* is the Pop Punk opus of the summer, turn on "Calling All Cops" and listen to Pierre inquire as to the whereabouts of Police and Autobots (Yes, the subspace mechanical men from the box office smash Transformers).

It is a blessing in disguise that the band chose not to write a hit single for this album, and instead went for a fluid listening experience.

In a genre that is known for poor song transitions, Motion City Soundtrack created an entire album that plays like just one track. The last song on the album is fittingly titled "Even If It Kills Me" and will leave you wanting just a little more. In the brief forty minutes that this album plays, Motion City Soundtrack will show you that they are more than an opening act.

Watch out Fall Out Boy, this ain't a scene, it's the soundtrack of summer.

Rating: A -

Courtesy of the WQRI Music Committee

CALENDAR OF EVENTS

Friday	Saturday	Sunday	Tuesday	Thursday
Campus Events	Campus Events	Campus Events	Campus Events	Campus Events
Blood Drove Hawk's Hangout 11 a.m. - 5 p.m.	Women's Soccer vs. Gordon College Bayside Field 12:30 p.m.	Musician's Guild Concert Hawk's Hangout 7 p.m.	Career Month Event: Reality 101 CAS 221, 222, and 224 4 p.m.	Penny Arcade: Henry V CAS 152 7 p.m.
Law School Jeopardy School of Law 238 7 p.m.	Women's Tennis vs. Regis College RWU Courts 1 p.m.	Concerts Tiger Army, w/ Street Dogs and The Static Age Lupo's Heartbreak Hotel, \$15 Doors 6 p.m. Show 7 p.m.	SAAHP Lecture: "Past and Current Works" CAS 157 6 p.m.	Expression Session Hawk's Hangout 9 p.m.
"Hay Fever" Theatre Series The Barn 8 p.m.	Men's Soccer vs. Gordon College Bayside Field 3 p.m.		Women's Volleyball vs. Regis College Rec Center 7 p.m.	Friday
CEN Comedy: Tom McCaffrey, Scott Rogowsky, Baron Vaugh Upper Commons 9 p.m.	"Hay Fever" Theatre Series The Barn 8 p.m.	Monday	Wednesday	Campus Events Homecoming Weekend
Concerts Slightly Stoopid Lupo's Heartbreak Hotel, \$20 Doors 7:30 Show 8:30	Harry Potter & the Order of the Phoenix Upper Commons 9 p.m.	Campus Events Dining Etiquette: Seniors Only Baypoint 5 p.m.	Campus Events Academic Expo Fieldhouse 2:30-4:30 p.m.	Alumni Games Softball - 10 a.m. Lax - Nike Field - 10 a.m. XC - Colt State Park - 11 a.m.
	Concerts Kings of Leon Lupo's Heartbreak Hotel, \$30 Doors 5:30, Show 6:30	Pool & Ping Pong Tournament - 10 Spot Hawk's Hangout 8 p.m.	"An Hour with France" Intercultural Center 4 p.m.	Men's Soccer vs. New England College 12 p.m.
			Penny Arcade: Monty Python and the Holy Grail CAS 152 7 p.m.	Swimming & Diving vs. RPI Rec Center - 1 p.m.
				Women's Soccer vs. New England College 3 p.m.

THE REBELLION BEGINS

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Career Month: Why it's four times better than career week

Samantha Hamilton
Herald Staff

Remember the dread that spread through your high school as soon as the words "career week" were uttered? Well, fear no more because Career Month at Roger Williams University promises to be both informative and interesting.

Unlike in high school, there will be no dream-crushing aptitude tests this month. Instead, Career Month is a chance for all students to learn exactly how to be successful after college.

"The events have been designed to increase a student's awareness of business etiquette," Susan Caizzi, associate director of the Career Center, said.

Throughout the month, there are many worthwhile events. Reality 101 is intended to "help to provide students with information regarding paying back student loans, finding your passion, interviewing tips from recruiters, and much more," Caizzi said.

With events like "How to Work a Room" and "Dining Etiquette," even the shyest of students will learn how to make a great first impression on potential employers. On October 22, students can attend a "Meet the Recruiters Reception," which will allow them to put those skills to use while interviewing for both professional and internship opportunities.

But, other than the events, what is it that makes Career Month beneficial?

"The opportunity to speak with recruiters in a social setting to help you collect information about the company culture," Caizzi said.

Unlike career week in high school, Career Month won't tell you what you're supposed to do with the rest of your life; instead, it will simply give you the tools you need to choose what you want to do with it.

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EQUESTRIAN TEAM: Looking to finish first

Continued from p. 12

"The first show is always the toughest of the year, the nerves are there at the start of the season. So unfortunately our fourth-place finish with that wasn't what I would look for, but then we got 34 points at the home show."

"I think that [the second place finish] shows that we're being as cool as can be and I think the thing this season that is making a lot of other schools pretty nervous is the riding that I have on my team."

This year the team took on six new freshmen that Davis said all have a lot of talent. Of the new riders, Davis said Shannon O'Keefe has proven to be one of the strongest by qualifying for the competitive open classes – a rarity for first year intercollegiate riders.

"Shannon has been doing wonderful as an open rider," Davis said. "It's pretty difficult to get in there [into the open class] as a freshman, so she really had to prove me that she could go in there and ride with the best of them."

The other five freshmen on the team are Brittany Cornell, Maya Ganguly, Meg Gardner, Alicia Levy and Jane Pleskunas. Davis said that

many of her new riders already have a lot of experience in the showing ring.

In the home show, four riders ended the day with first-place finishes in their respective classes while one finished second and two finished third.

Junior captain Danica Kucinsky earned the first top finish of the day for the Hawks in the novice flat class. Kucinsky's finish was followed by strong showings from sophomore Cicely Hislop in advanced walk-trot-canter, junior Kate Johnson in walk-trot and O'Keefe in open equitation over fences.

Sophomore Kayla Waskiewicz earned the only second place finish of the day in intermediate fences while sophomore Samantha Taylor and Gardner finished second in novice fences and intermediate flat respectively.

The Hawks will be back in action on October 20 at the Horsebarn Hill Arena in Storrs, Connecticut for a show hosted by the University of Connecticut. Davis said she is confident that her riders will be able to continue to improve upon the strong performances they have already shown this season.

"We've always done pretty well and this year I know we can do it," Davis said.

BEST BETS: Jake takes on the critics

Continued from p. 12

the paper. Write your own article expressing your own opinions.

However, since all you did was write two full sentences, and I know how much effort that took from you to do that, I assume you won't take your eyes away from the TV and your hand out of the potato chip bag long enough to be creative for more than just two sentences. Therefore I propose that for this week, and this week alone, I will write your picks for you.

Just so everyone knows, these really are Cantrell's picks. I called him to see who he wanted to pick for this upcoming week. This will be a special edition and one-time-only "10-pick" week. These games will count toward my overall record.

Since no one will ever believe I went 3-1 last week, I will not count that towards my overall record.

Last Edition: 4-3
Overall Record: 7-9
Monday Night 2-1

Pick Number 1
Cincinnati Bengals (-3) at Kansas City Chiefs.
Jake – Bengals
Colin – Chiefs

Pick Number 2
Miami Dolphins at Cleveland Browns (-4.5)
Jake – Browns
Colin – Browns



Jason D. Geil/The Cincinnati Post

Pick Number 3
Minnesota Vikings at Chicago Bears (-5.5).
Jake – Vikings
Colin – Bears

Pick Number 4
Tennessee Titans at Tampa Bay Buccaneers (-2.5).
Jake – Titans
Colin – Buccaneers

Pick Number 5
Washington Redskins at Green Bay Packers (-3).
Jake – Packers
Colin – Packers

Pick Number 6
Carolina Panthers at Arizona Cardinals (-4).
Jake – Cardinals
Colin – Cardinals

Pick Number 7
New England Patriots (-4.5) at Dallas Cowboys.
Jake – Pats
Colin – Pats

Pick Number 8
Oakland Raiders at San Diego Chargers (-10.5).
Jake – Raiders
Colin – Chargers

Pick Number 9
New Orleans Saints at Seattle Seahawks (-6.5).
Jake – Saints
Colin – Seahawks

Pick Number 10
New York Giants (-3) at Atlanta Falcons.
Jake – Giants
Colin – Giants

Cool October air means hot playoff races

Daniel DeBlasio
Herald Staff

October is upon us, and that means one thing, playoff baseball. After endless training and a taxing 162 game season, four teams in the league are where they wanted to be in March, the rest, have gone home.

An exciting end to the season sent a surprising cast of characters into the Fall Classic, making this postseason, for the fans, as fun as any.

On the American League side of things, the rush for the postseason was a little more relaxed, with all four teams having clinched their spots at least four days before their regular season finales. With many feeling the World Series champion will come out of the AL, an extra sense of urgency and pressure was on these four teams as they approached last week's series.

The Red Sox showed everyone why they were most people's pre-season favorite for the crown by rolling over the Angels in an impressive three-game series sweep. Their pitching was lights out, giving up only four runs all series, and the team capped off the first weekend with an exclamation point win in a dominating 9-1 game-three pounding. The boys from Boston look to be on a roll, but if there is any team that can slow them down, it is the Cleveland Indians.

The Indians step into the ALCS

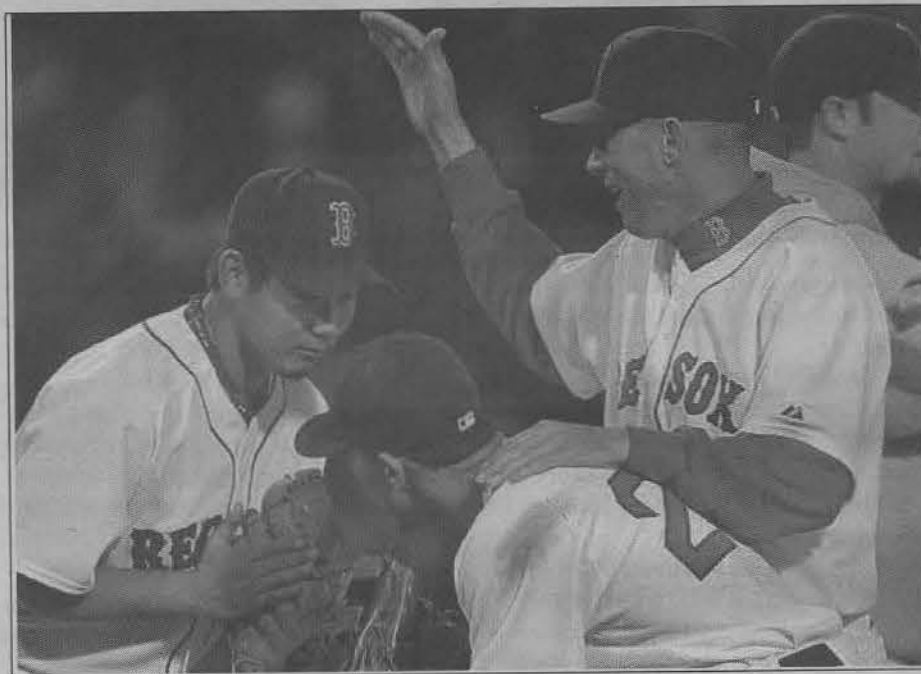


Photo courtesy of kullsworld.typepad.com

after beating the Yankees in 3 of 4 games. The combination of C.C. Sabathia and Fausto Carmona proved to be once again unbeatable and will be a major test for the Red Sox bats. This team could have the complete package and it will certainly be an enticing matchup starting Friday night at Fenway Park.

Not many could have predicted the Colorado-Arizona match up at the start of the season, but nevertheless the two are currently battling for the National League Championship. The Rockies will try to build on their recently stunning pitching and an un-

failing love of the long ball, while the young and seemingly unknown Diamondback group looks to keep their bats going and make a name for itself across the league.

So after all of the hard work and preparation, it comes down to this. One more series win and you're in the World Series.

Who will it be? The matchups are strong and the teams are dialed in, and every player knows, in the weeks to come they can either be cleaning out their lockers or drinking more champagne.

News and Notes

The sailing team is currently ranked fourth nationally according to the New England Intercollegiate sailing Association website. This marks the highest ranking in the team's history.

Women's soccer gained a 3-0 victory over Ana Maria College on Wednesday afternoon to improve to 9-3-0 in the CCC and 11-3-0 overall.

Men's soccer won 3-1 over Anna Maria College on Thursday afternoon. The victory brings their 7-1-1 in the CCC and 7-6-1 overall.

Women's tennis gained a 7-2 win over Nichols College on Tuesday afternoon. With the win, the team remains undefeated in the CCC with an overall record of 9-0.

Men's tennis finished fifth out of eight teams in the Stonehill College Invitational Tournament on October 9.

Women's volleyball finished the two day Tom Hay Invitational with a 3-1 record. Senior Amy Maurer broke the kill record of 1,016 set by Erin Carolan in 2006.

Men's and women's cross country both took first in Saturday's RWU invitational at Colt State Park.

Equestrian team riding to top

Shaun Hogan
Sports Editor

Two shows into the 2007-2008 season, the equestrian team has ridden its way into second place out of the 11 schools competing in zone one region of the Intercollegiate Horseshow Association. The team stands just 20

points behind region-leader Brown University.

Head coach Eliza Davis said that although she is pleased with the team's current ranking, she hopes that it will be able to keep eating away at Brown's lead by the end of its fall shows.

Davis said the season for the

IHSA season is divided into two periods, the first running from September to November and the second from February to May.

"I would like to end out the next three shows in first or close to first, probably tied with Brown or UConn," Davis said. "I'm looking to finish there, I'm looking to end by Thanksgiving in a competitive position with the top schools."

The second-place ranking comes as a result of the team's efforts in the Sept. 22 horseshow hosted by the University of Rhode Island and the first home show of the season on Sept. 30.

In the URI show, the Hawks came away with a final team score of 26 points, putting them in fourth behind URI, the University of Connecticut and Brown.

In the team's home show, held at Windswept Farm in Warren, the riders ended the day with an overall team score of 34 points to put them in second place behind Brown with 38.

"I think that the dynamic of the team with the new riders this year is excellent," Davis said.

See *EQUESTRIAN TEAM*, p. 11.



Shaun Hogan

Sophomore Kayla Waskiewicz rides in the open equitation over fences class in the Sunday Sept. 30 show. Waskiewicz finished this class in second place.

NFL Picks: Jake says "Bring it on"

Jake Dumond
Herald Staff

I finally had a winning week. 4-3, not great, but a step in the right direction, bringing my total to 7-9. Things are starting to look good. I had all my picks lined up for last weekend, and felt extremely confident about them. I think to myself, "Wow, after this weekend I might be back at .500 and going strong. I might actually get a little credit for this." Then, yet another thing goes wrong. No paper will be released for October 5 because of the holiday.

So instead of wasting my time telling you that I had actually picked the Giants -3.5, the Patriots -16.5, the Colts -9, and Dallas -10.5 on Monday night, which would make me 3-1 for last week, and 10-8 for the year (since nobody in a million years would believe that) I decided to take this time to talk about Colin Cantrell.

Mr. Cantrell wrote a letter to the editor in the last edition of the newspaper requesting that they stop letting me write this article and either let him make picks or fill my space in the paper with blank space.

I agree with Cantrell that I have been wrong a lot of the time. However, a 3-6 record means that I have a .333 winning percentage, which means I am not wrong 90 percent of the time. I invite you Colin Cantrell, to write for

See *BEST BETS*, p. 11.

WOMEN'S RUGBY: Barreling over the competition

Continued from p. 1

people, but then when its time to recruit, or make sure the club stays alive after those students graduate, nothing happens. The Rugby girls said they wanted to show that this was not just three or four girls starting something they couldn't finish; they wanted to take it to the next level.

Walker and the rugby girls didn't stop there. They were ready to be a club sport, which basically, is only one step below being a varsity sports. The challenge is going from a club which is controlled by the student senate and student senate funding, to being a club sport team which is funded and controlled by the athletic department.

"It was a big test, and they did it the right way," Kolb said.

"The process was brand new for most people involved, so it took a lot of time and meetings between our officers, senate, and athletics," Walker said.

One of the hardest steps of making the team an official club sport was the need for a coach. If the team was going to go out, compete, and play a full schedule, the athletic department would have to hire a women's rugby coach.

Tom Campbell heard about the job from the men's rugby coach at RWU, Chris Palombo, who works with Campbell at B101 Radio Station. Campbell is a morning radio show host there and had prior rugby coaching jobs at RIC and URI.

Campbell played both rugby and football at Lafayette College, and continued playing rugby 15 years after graduation in various cities including Washington D.C. and Charlotte N.C.

After interviewing with Kolb, and Jim Cook, club sports director, Campbell was offered the job.

One of the reasons Campbell was so interested in taking the job, was



Courtesy of Ashley Walker

Ashley Littleton scores in the rugby team's game against the United States Coast Guard Academy on Saturday. The team won the game 14-5 to gain first place in the conference.

because he said, "I heard how high the interest for women's rugby was at RWU."

Campbell was quick to point out that, "interest in women's rugby is growing all throughout New England. At any given time, there are probably five or six teams looking for coaches."

Campbell was proven right about the interest at RWU, when about 30 players showed up to join the team. This year there are 30 girls on the roster and he says they get about 20-25 girls every practice, which helps make the team better.

"Yes, it certainly helps having a lot of players at practice, the girls can work together and against each other to better develop their skills," Campbell said.

Co-Captain Ashley Littleton was "excited" about having so many girls wanting to play saying, "We're one of the lucky teams in our league that we actually have too many girls. We get to substitute a lot during the games and we are hoping to have an entire B team by next year."

Not only did many girls at RWU

show their interest in the team by coming out to play, but Littleton says the support is pretty good from the students at RWU as well.

"At home games there are a decent amount of people. We have about thirty girls on the active roster, so everyone has their roommates and friends come out to watch," Littleton said.

Unfortunately the same can not be said about away games. Littleton says that at away games, "it is mostly our parents and families that are there."

Senior Dan Davis said he was shocked when he was told they won their first three games of the year by scores of 70-0, 52-0 and 14-5, replying, "Wow, that's news to me."

Some students do not even know the team exists.

However, word is quickly spreading around campus as more and more people learn about the team through the success of the team. Littleton said, "We love that more and more people are realizing that we exist and that we are a powerful and successful team."

Women's rugby team suffers two major injuries

Jake Dumond
Herald Staff

Brittany Gallin of the women's rugby team suffered an orbital blow-out fracture to a bone under her eye during Roger Williams University's 14-5 victory over Coast Guard Academy on October 6.

Gallin had the ball in her possession when a Coast Guard player tackled her. Gallin said about the hit, "She came in a little high, which happens, it was fine."

Although a penalty was handed out for a high hit, Gallin had no hard feelings toward the player.

After being looked at by her coach and trainer on the field, Gallin continued to play. It was not until later in the game that the trainer and coach decided Gallin did not look so good and should be taken out of the game.

Gallin admits to having "double-vision" but says she was "not at all happy" about having to go to the hospital. She said the injury was not bad enough to need an ambulance because she was able to know where she was and never blacked out.

It was originally believed she had suffered a concussion, until she got to the hospital and was told she had a fracture.

Also, according to senior captain Ashley Littleton, Ashley Hill suffered a broken fibula in her leg during the same game. Hill was unavailable for contact, but Littleton said she believes she will be in the hospital until Friday.